

Trampolines can be fun for the whole family if care is taken and children are taught the right and safe way to use them

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# trampolines

## SAFETY FOR KIDS

### in the home



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Trampolines can lead to serious injuries if they are not used safely. It is estimated that 300 Western Australian children are taken to hospital every year for injuries related to trampolines, ranging from cuts and bruises to more serious sprains and fractures.



**Just imagine what could happen if your child attempted a somersault and landed on his or her neck...it is not a risk any parent would want to take.**

If you have a trampoline in your backyard or are thinking about buying one, keep reading for some steps you can take to avoid children in your home getting hurt. Also, teach your kids the safe way to play on trampolines.

**⚠ WARNING**

Always carefully read the instruction manual supplied with your trampoline

# Trampoline safety tips

## Tips for parents and carers

- **Buy safety pads** to completely cover the springs, hooks, and the frame. The pads should be a contrasting colour to the mat.
- Make sure that the surface under and around the trampoline (**the safe fall zone**) is soft - use wood chips, sand, or cushioning material. The safe fall zone should be at least two metres wide on all four sides of the trampoline.
- Keep the safe fall zone **clear from hazards** such as fences, toys, and overhead objects like clothes lines, trees and wires. A minimum overhead clearance of eight metres from ground level is recommended.
- Make sure that **children are supervised** at all times. Take particular care with children under six years of age.
- **Never use a ladder** with the trampoline because it provides unsupervised access by small children.
- **Inspect the trampoline before each use** to make sure that the mat does not have holes, the frame is not bent, the springs are securely attached, the frame padding is correctly and securely positioned, and the leg braces are securely locked.
- **Replace** any worn, defective or missing parts.

## Rules for kids

- **My turn!** One person at a time, at all times!
- **No somersaults!** Don't try risky stunts like somersaults and flips. It is asking for trouble!  
*NOTE FOR PARENTS: If your child wants to try high-risk stunts, take them to a gymnasium where they can be taught and supervised by trained professionals.*
- **Bounce in the middle!** Bounce as close to the middle of the mat as you can.
- **Never jump off!** You could hurt yourself by jumping off the trampoline onto the ground. To get off, stop bouncing and then climb down.
- **Stand back!** Keep away from the trampoline when someone else is using it. NEVER sit on the padding.
- **Watch out underneath!** Never go under the trampoline when someone else is jumping.
- **Out of bounds!** Don't use the trampoline if you see a rip or split in the mat, or if the padding has come off the metal springs. Tell an adult.

## Golden rules:

1. One person at a time
2. No somersaults
3. Always supervise children